

Role of Nutritional Supplements

PediaSure® is a source of complete, balanced nutrition for children aged one to 10 years. It can be used as a nutritional supplement, as an ingredient in recipes or as total nutritional support. When your child may not be getting adequate amounts of nutrients from regular foods, look to PediaSure® right out of the can or try using these delicious recipes.

BLACK AND WHITE CRUNCH PARFAITS (Makes 4 parfaits)

1 8-fluid-ounce	can Vanilla PediaSure®	235 mL
1 4-ounce	package instant (no-cook) vanilla pudding	135 g
1 8-fluid-ounce	can Chocolate PediaSure®	235 mL
1 4-ounce	package instant (no-cook) chocolate fudge pudding	135 g
4	chocolate wafer cookies, coarsely crushed	4

Pour the Vanilla PediaSure® into a medium mixing bowl. Add the vanilla pudding and beat with an electric mixer on low speed for 2 minutes. Let stand until thickened, about 15 minutes.

Pour the Chocolate PediaSure® into a separate medium mixing bowl. Add the chocolate fudge pudding and beat with an electric mixer on low speed for 2 minutes. Let stand until thickened, about 15 minutes.

Divide the chocolate mixture among 4 parfait glasses. Sprinkle about half of the cookie crumbs over top. Pour the vanilla mixture over top and sprinkle with the remaining crumbs. Serve immediately or store in the refrigerator for up to 4 days.

Tip: To crush the chocolate wafer cookies, place them in a Ziploc® bag and gently roll over them with a rolling pin.

CHOCOLATE MONKEY SHAKE (Makes 3 servings)

1 8-fluid-ounce	can Chocolate PediaSure®, chilled	235 mL
1 cup	chocolate ice cream	250 mL
1	small ripe banana	1
½ cup	creamy peanut butter	125 mL

Combine all the ingredients in the blender or food processor. Blend until smooth and creamy. Serve immediately or store in the refrigerator for 1 day.

Variation: Omit the peanut butter.

Use half a can of Chocolate PediaSure® and half a can of Vanilla PediaSure®.

TROPICAL POPS (Makes about 8 popsicles)

1 8-fluid-ounce	can Vanilla PediaSure®	235 mL
½ cup	crushed pineapple	125 mL
½ cup	tropical fruit juice blend	125 mL

Place all the ingredients in the blender or food processor. Blend until smooth. Pour into popsicle trays. Freeze for at least 6 hours and preferably overnight. If you don't have popsicle trays, pour into small cups. Insert a popsicle stick when they are half frozen.

The popsicles will keep in the freezer for 1 week.

VERY BERRY SMOOTHIE (Makes 2 servings)

1 8-fluid-ounce	can strawberry PediaSure®, chilled	235 mL
1 6-ounce	container strawberry yogurt	175 g
½ cup	frozen strawberries	125 mL

Combine all the ingredients in the blender or food processor. Blend until smooth. Serve immediately or store in the refrigerator for 1 day.

Variations: Mixed Berry Smoothie—Substitute frozen blueberries or raspberries in place of the frozen strawberries or substitute blueberry or raspberry yogurt for the strawberry yogurt.

The information provided here is not a substitute for medical advice. Always consult your doctor or other qualified healthcare provider.

Picky Eaters:

Solutions for Healthcare Professionals



Ross Healthcare Hotline: 1-800-670-7878
www.RossCanada.ca

ROSS

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PediaSure®

Member



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The mother of a 20-month-old toddler asks you for advice regarding her child's eating habits. She is obviously frustrated and says that her son will only eat peanut butter sandwiches for lunch and French fries for dinner. She says she is worried about her son not getting enough food and the proper nutrition that he needs for growth.

These may be signs of picky eater behaviour in children.

Do you know how to counsel the parent and provide strategies for improving a child's nutrition?



The Picky Eater:

Clinical Signs and Symptoms^{1,2}

- Usually occurs in children < three years old
- Occurs in 45% of toddlers
- Strong food preferences
- Accepts only a limited number of foods
- Unwilling to try new foods
- Eating behaviour is unpredictable
- Eating habits fluctuate seemingly without any explanation

1. Alarcon PA, et al. Effect of Oral Supplementation on Catch-Up Growth in Picky Eaters. *Clin Pediatr* 2003;42:209-17.
2. Carruth BR, Ziegler PJ, Gordon A, Barr SI. Prevalence of Picky Eaters Among Infants and Toddlers and Their Caregiver's Decision About Offering New Food. *J Am Dietetic Assoc* 2004;104:S 576-64.

Healthcare Professional/Parent Interaction:

You might get “hints” of picky eater behaviour in children while consulting with parents. Key indicators include:

- Parents inquiring about a vitamin/mineral supplement
- Parents selecting nutritional supplements
- Questions regarding normal dietary intake for toddlers/children
- Parental concern/frustration/worry regarding the child's eating patterns and potential health effects on development/weight
- Descriptions of “fussy” or “choosy” eaters and unpredictable eating patterns
- Reports of limiting meals to favourite foods (e.g., macaroni and cheese, peanut butter sandwiches)

What next?

Strategies for counselling parents and providing suggestions for managing picky eaters include:

- Reassuring parents that this is a completely normal and healthy part of toddler development
- Suggesting that the parent introduce new food slowly and encourage the child to be involved in meal-time activities
- Not forcing your child
- Making it fun
- Limiting drinking (fruit juice and milk)
- Making time for breakfast

Consider the use of Pediasure®, a complete balanced nutritional supplement specially for children aged 1 to 10. Pediasure® can be:

- Added to food that a child already eats
- Used as a substitute for other healthy snacks
- Used when there is a loss of appetite

Pediasure® is gluten- and lactose-free and is suitable for children who are lactose intolerant.